

A tropical paradise...



AFRH-G resident Art Adams and a friend take advantage of the cool breeze that comes in off the Sound in the late afternoons while they enjoy the beautiful view off to the east of the home. This photo was taken in the beach area directly across from AFRH-G.

What's Inside



Volunteers(W), Page 13



A gift of time, Pages 22,23



Memorial Day Picnic, Page 24

Report waste, fraud, abuse, mismanagement

New 24-hour phone hotline established for incident reporting

Effective immediately, residents, resident family members and employees of the Armed Forces Retirement Homes in Gulfport and Washington can report allegations of waste, fraud, abuse and mismanagement to the AFRH Inspector General (IG) on the following toll free number:

1-866-769-2068.

The AFRH Hotline is available 24 hours a day, 7 days a week. Hotline callers will be able to leave taped messages regarding allegations of inappropriate behavior.

Allegations can also be forwarded via e-mail to IG@afrh.gov, or sent via regular mail to:

**AFRH Inspector General
Attn: Mr. Steven McManus,
3700 North Capitol Street
Box 1303
Washington, DC 20011-8400**

All allegations, including those made anonymously, will be investigated by the AFRH Inspector General or his designee.

The AFRH Hotline phone number and e-mail account should only be used to report incidents of waste, fraud, abuse and mismanagement. If you wish to register a complaint, ask a question, request work order services (heat/air conditioning/plumbing repairs, etc.) or want to request time on a staff member's calendar, please continue to use processes currently in place at your facility.

Mr. Steven McManus is the Agency's Inspector General and Ms. Nancy Duran is the Agency's Deputy Inspector General.

AFRH COMMUNICATOR

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The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home.

Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by The AFRH Communicator staff for journalistic style and

length.

Editorial views and opinions expressed in these pages are not necessarily those of AFRH or its leadership. Throughout the newspaper AFRH-G input will be denoted as (G) and AFRH-W as (W).

AFRH-W Editors Column



Hello again fellow residents. Let's start off this month with a question. Why are dinosaurs extinct? Many say, "**Dinosaurs are extinct because they failed to adapt.**"

Occasionally a few of our residents have difficulty getting along with their fellow residents. I don't pretend to be an expert in these matters. However, I do have some thoughts that may help in dealing with other residents and staff.

While it may seem trite, it is generally accepted that before you can get along with others you first have to be able to live with yourself. It is also true that in order to help another survive you have to first survive yourself. Let's take as a premise that we can all live with ourselves and since we woke up breathing this morning we are surviving.

Each person has their own reality. Those are the things that make up their world. Let's say their universe. Therefore, when we have two or more persons seeking agreement in their lives, we have a situation in which they may well find "Universes in collision." For example let's take myself and you. The reality of this situation is that we have three universes (1) my universe, (2) your universe, and (3) the universe we share together.

As long as I am willing to let you have your universe, and you are willing to let me have my universe, we have peace in the universe we share together. In other words each has to allow the other person the freedom to have their own beliefs, choices, etc. in the universe they share together. This is true for individuals, groups, and even nations. We cannot impose our beliefs, choices, etc. on another without conflict. Among nations this conflict is called **WAR**. Frankly, I don't need anyone to be in conflict with. We have all experienced enough of this.

ENJOY YOUR PAPER!

AFRH Residency

AFRH is not just a place to live but a place to live more. Our model retirement centers are designed for residents to maintain an independent lifestyle in an environment designed for safety, comfort and personal enrichment.

Eligibility:

Military veterans from each service branch can live at either Home.

Veterans are eligible to become a resident of the AFRH if their active duty service in the military was at least 50 percent enlisted, warrant officer or limited duty officer and who are:

- Veterans with 20 or more years of active duty service and are at least 60 years old, or
- Veterans unable to earn a livelihood due to a service-connected disability, or
- Veterans unable to earn a livelihood due to injuries, disease, or disability, and who served in a war theater or received hostile fire pay, or
- Female veterans who served prior to 1948.

To receive an informational brochure please contact the following office:

AFRH at 1-800-422-9988, or write to AFRH Admissions Office, 3700 N. Capitol St. NW, Washington DC 20011-8400.

Visit us on the web at:
<http://www.AFRH.gov>

Message from the Chief Operating Officer



Title 24, Chapter 10, Section 418 - The Armed Forces Retirement Act of 1991, as amended, states: that every three years the Inspector General of a military department shall inspect the Retirement Home; including the records of the Retirement Home. The duty to inspect the Retirement Home shall alternate among the Inspector General of the Army, the Naval Inspector General, and the Inspector General of the Air Force on such schedule as the Secretary of Defense shall direct.

The AF Inspector General from Kirtland, NM, is scheduled to conduct this cycle of the Triennial Review. The AF Inspection Team will be on-site in Gulfport from July 18th through the 22nd and then the team will travel to Washington and be on-site at the Washington facility between July 25th

ASK THE CFO CORNER

I just recently have received two questions for this column and I am in the process of researching and preparing the answer. The questions are:

1. How many rooms will we actually gain in the construction project at AFRH-G?
2. What is the percentage of residents in each of the qualifying categories of residency (i.e., retired military, veteran unable to earn a livelihood, etc.)?

Answers to these questions will be provided in the next issue of the Communicator. If you have a question for the Chief Financial Officer, please get them in by the 15th of the month to get in the next issue of the paper. We look forward to hearing from you!

through August 5th. I ask that you please make the team welcome and answer any questions or concerns that they might have.

Have a safe and happy July 4th.

Timothy C. Cox

New residents at AFRH-G

Census: 571 as of June 24, 2005

Vernon L. Gardner	USN
Bernice Bradford	USA
Joseph W. Moser	USN
William Bailey	USN
Lemuel C. Mills	USN
Lloyd Erfle	USA

New residents AFRH-W

Census: 984 as of June 24, 2005

Olan D. Thrasher	USAF
Wilford V. Fink	USAF
Frederick Douglas	USA
Arthur R. Kilgore	USA
Bert Huff	USA
Dale E. Holloway	USN
Carroll L. Harding	USAF
Mary R. Smith	USAF
Roy E. Pickel	USA/USAF
Albert W. Nickerson	USA
Daniel D. Halley	USMC
Ralph F. Odette	USA
Wallace W. Meyers	USAF
John M. Bonfiglio	USAF
Louis J. Rolando	USN
Hobert J. Smith	USAF
Emilio David Colon-Rivera	USN/USAF
Walter W. Prussman	USA
John E. Smith	USMC
Ralph W. Dominey	USN
John F. Winter	USAF

Office of the Director



I have thoroughly enjoyed spending the past month here in Gulfport. I have visited your home many times in the past as the AFRH Chief Financial Officer but its quite different actually living here and being involved in the day-to-day operations of AFRH-G. Passing each of you outside around the grounds and in the corridors of our home, I have had the chance to not only visit with most of you but to also listen and 'hear' what you consider are the immediate challenges we face today. As most of our staff will agree, I have wasted no time in getting to know how things are done around here and in talking with you, the residents, to get your thoughts and ideas about how some things could be done better.

Based on this data, there are several areas I have started working on. With the start of construction of the new tower growing nearer, I feel our emphasis now needs to be on finalizing the plans for safety for the residents throughout all phases of the construction. As with any major construction project, there are countless areas that need sound, concrete, well-thought out plans to cover the myriad of events that could arise during a project of this magnitude. Added to this

equation is the fact that unlike a typical construction project of adding a new building, this particular project involves modification of our original structure, which means your living spaces will be undergoing changes during the process. So basically this means that normal everyday things like entering and exiting the building from the front, watching movies, use of the Reception Room and various other things will be different. This also will make it necessary to change procedures for fire safety, infection control, the dining service for some and a multitude of other issues. I have been working very closely with staff members from Safety, Campus Ops, Resident Affairs and the Health Care Center to have those particular concerns addressed and a plan in place prior to the start of the construction. Your safety is at the forefront of all of our discussions.

Another area I'm looking into, based on conversations with you, is transportation as it affects each of you for medical appointments out in the community. I feel confident that we can integrate our transportation services better with the

"...improving our communication process...is vital. We need an excellent way to communicate to each other..."

right people working together to find the right solution. I'll keep you updated on our progress.

I have spent the past month and will continue to spend time working on health care issues. Our focus group meetings were extremely beneficial and helped me identify areas for improvement. We have two relatively new contract physicians onboard now and we will work closely with them to ensure they are providing you with the level of service that you deserve and expect. We can improve in this area and we will.

These are three big focus areas and there are many other areas I plan to look at but the main one I saved until last because it ties in to all the others and that is *improving our communication process*. Getting the word out, be it about the construction project, transportation schedules, or physicians' hours, is vital. We need an excellent way to communicate to each other, from staff to residents and residents to staff. A good plan on paper and in theory is no good at all unless it is conveyed effectively to the people impacted by the plan. It's no one person's job to do, it's everyone's job to make sure it's done. If you have a question or concern about something, go to the source and ask. Look for information on Channel 80 and by all means, if you see me or any staff member around the grounds and you have a question, stop us and ask. We are here for you.

Steven McManus
Interim Director

At AFRH-G

Attention new residents

There will be a new resident orientation on July 13 at 9 a.m. in the theater. There will be a wealth of information given out at the orientation to include meeting key staff members. Also included is a tour of places of interest in the Gulfport/Biloxi area. Call Mary Thornton, ext. 4065, for more information.

From AFRH-G's new command master chief:

"Thanks to all the residents and staff for the warm welcome and support the day I stepped on board. I asked to be assigned to the AFRH and hope I can help make this an even better place to live during my tenure here. Your safety is my number one priority, especially when construction kicks off in the future. We the staff will do our best to ensure a safe clean living environment with the least amount of disruption as possible. We will make every effort to continually improve your medical services and quality of life of both residents and employees.

Communication is essential. I represent you and I'm your voice to the Director, as well as the Resident Advisory Council. The Director and I have an open door policy; however I ask that you allow your wing representatives to work the issues first. I also ask that you let me take a shot at a problem before you bring it to the Director or above. I am excited about being here and look forward to serving you."

Joe Perrone, CMDCM AFRH

Office of the Command Master Chief -Gulfport



There's a new pair of khakis roaming the halls at AFRH-G. Most residents have probably met him by now, he's our new Command Master Chief, C M D C M

Joseph A. Perrone. Master Chief Perrone is from Syracuse, New York. That's where he entered the Navy in January 1981. After completing basic training in Orlando, Fla., he went on to Builder "A" school in Gulfport Miss. Following "A" School he was ordered to Construction Battalion Unit 411 in Norfolk, Va. Upon completion of his two year tour at the CBU, he was assigned to Naval Mobile Construction Battalion ONE, homeported in Gulfport where he made deploy-

ments to Sigonella, Sicily; Roosevelt Roads, Puerto Rico; and Iwakuni Japan.

After serving over four years in the battalion, he was honorably discharged from active duty and entered the active Reserves. He served over two years in the Reserves and joined back up on active duty in June 1989, where he was assigned to NMCB-74, in Gulfport. He deployed to Sasebo Japan and Saudi Arabia in support of Desert Shield and Desert Storm, and Roosevelt Roads Puerto Rico. Following his battalion tour he was assigned to the TWENTIETH Naval Construction Regiment, also in Gulfport, as the Chief Instructor in the Military Training Department, where he instructed basic combat skills.

After his tour of duty in the Regiment he took orders to Naval Mobile Construction Battalion SEVEN as Quality Control Chief, Company Chief, and Operation Chief. He deployed to Roosevelt Roads Puerto Rico, Haiti,

South America, and Okinawa Japan. After his tour in NMCB-7, he took orders back to the TWENTIETH Naval Construction Regiment as the Regimental Operations Chief. On completion of his tour in the Regiment, he was assigned as Command Master Chief, Naval Mobile Construction Battalion SEVENTY FOUR Gulfport, Mississippi. He was deployed throughout Kuwait and Iraq in OIF I, and redeployed to Fallusah, Iraq in OIF II. He was assigned as Command Master Chief at the Armed Forces Retirement Home earlier this month.

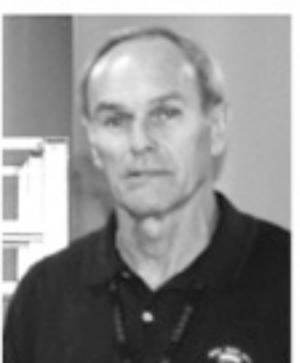
Master Chief Perrone is married to the former Theresa Brown and they have four children; Jason 24, Joseph 18, Brianna 11, and Calin 9.

Master Chief Perrone replaced Master Chief Walt Asher who returned to a Gulfport Seabee battalion.

Master Chief Joe Perrone

Office of the Ombudsman-Washington

THE NAUS CHAPTER ARRIVED!!



What is NAUS? The National Association for Uniformed Services (NAUS) is a non-profit organization chartered under the Internal Revenue Code Section 501 ©

(19), veterans organizations, allowing for extensive non-partisan representation and lobbying activities to ensure that the concerns of our members are heard.

Their primary purpose is to support a strong National Defense; and to promote and protect the interests and promised benefits earned by members of the uniformed services themselves, their families, and survivors and those of all American citizens with common interests.

NAUS was formed in 1968. It is the only military affiliated association that represents the entire military/veteran family. No other association provides such broad representation when dealing with Congress, the White House, and the Pentagon. NAUS represents all seven branches of the uniformed services including; Army, Navy, Marine Corps, Air Force, Coast Guard, Public Health Service and National Oceanic and

Atmospheric Administration including all components such as; active duty, reserve, National Guard, retired and other veter-



AFRH-W NAUS Chapter officers from left to right; Charles Felder, Vice President/Legislative Director, Warren Toogood, President and Bob Devaney, President/Secretary-Treasurer.

ans, their spouses, widows/widowers, other family members and survivors, and all grades and ranks-both enlisted and officer.

Some Home members, that are also members of the NAUS, met in the Scott Visitors Lounge on June 2 for the purpose of developing a request for a charter, which has led to the establishment of a NAUS chapter here at AFRH-W. They put together a request for a Charter and name and sent it off to NAUS Headquarters. The Charter was signed on June 6 and the Soldiers Home Chapter DC-1 was in business. A follow on meet-

ing was held on the June 14 for election of officers and the individuals elected were Mr. Warren Toogood, President; Mr. Bob Devaney, Vice President/Secretary-Treasurer; and Mr. Charles "Chuck" Felder, Vice President/Legislative Director and Area Membership. The Installation of Officers will be conducted on the 30th of June at 1600 hours in the Scott Auditorium. See the accompanying photo which was provided by Home Member Robert (Red) Cooper.

The NAUS also puts out a very informative Weekly Update on their website that covers a Washington Report, Active Duty News, Health Care News, and Veterans News. One of the topics in the issue I recently looked at was Military Family Members may access some boarding gates; allows family members to go to the departure gate upon departure and arrival of military members. This is a new program that is not being used at every airport. It is being accomplished by participation of select airlines and airports. Another topic was about Arlington National Cemetery gaining more than 70 acres of land to expand the 600-plus acre hillside on the west bank of the Potomac River. This will allow Arlington to continue operations until at least 2060.

So if you hear folks talking about NAUS, this is what it is all about. Ask the chapter officers for more information if you are interested.

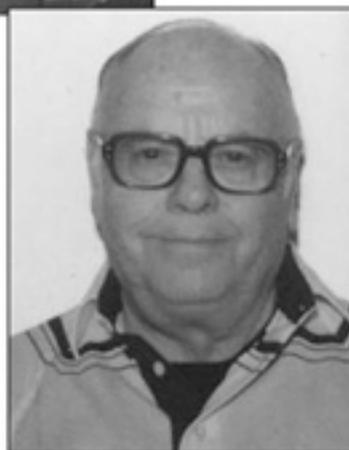
Al Mori

Then... and now... in Gulfport

Robert E. Macy



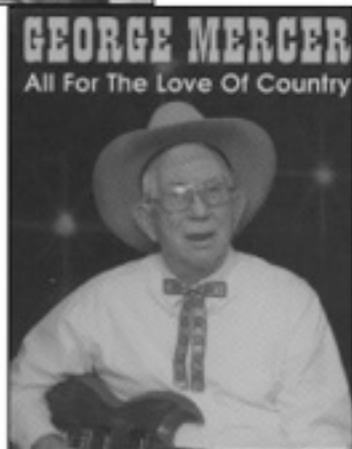
Charles F. Moss



Helen L. Abercrombie



Herbert G. Mapp



James H. Helms



Mary (Nelson) McLoed



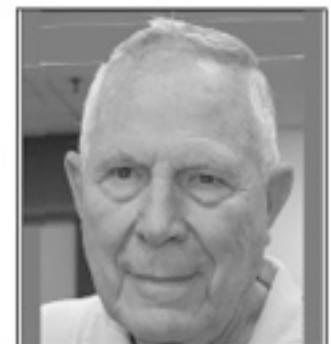
Then ... and Now... in Washington Match Up



Arthur W. England



1



Donald Egolf



2



Theodore Wilson



3



John I. Bowery



4



Harold Eby



5



See answers on page 17

Armed Forces Retirement Home - Washington History

Sherman Building



By Allen N. Frazier (W)

The Sherman Building was the original hospital, dormitory, and administrative building of the Military Asylum and represents the first phase of construction at the AFRH-W. This building was constructed between 1851 and 1857, simultaneously with Officer's Quarters One and Two.

The first building phase at the new Military Asylum was carried out under the supervision of Lt. Barton S. Alexander. The original part of Sherman Hall (then called the Barracks, later Scott Hall), and the officers' quarters used as the residences of the Governor and the Deputy Governor.

Designed by Lieutenant Barton Alexander in 1851, and constructed by prominent New York building and master

stonemason Gilbert Cameron, it was built of New York marble in a style which originally combined details of the Gothic Revival with an early Italianate style. Originally a two-story structure with a central tower, its long construction history included many alterations. Between 1869 and 1872, Edward Clark imposed the new and popular Second Empire style onto the structure by adding a third floor with mansard roof to the main body of the building and also added a mansard to the



tower. In addition, Clark constructed a three-story annex (presently the central section) at the rear of the existing building. Shortly thereafter, between 1887 and 1889, the North Wing (the Sherman Wing) was added. This addition, by the noted firm of Poindexter & Flemer, added significant space, completely redesigned the third floors and tower of the existing building, and thus tied the entire structure together stylistically. The

resulting design elaborates on the original stylistic intent, with such features as the distinctive completion of the central tower, crenellation, corbelling, and stepped dormers.

The original Sherman South was a two-story Norman Gothic Structure built on one of the highest points of land in the District of Columbia. At a 320-foot elevation, the main building provided living accommodations for the members and housed all activities of the

home. In 1869 a third story was added over the mansard roof and a square castellated belfry replaced the steeple of the clock tower. The building is connected by an annex to Sherman North, completed in 1891.

This building is one of four early structures on the property that is designated a National Historic Landmark listed on the National Register of Historic Places and in also a Category II Landmark in the District of Columbia.



Army Birthday Celebration

Twenty-one soldiers from the Charlie Company, 169 Engineer Battalion joined residents of AFRH-G in celebration of the U.S. Army's 230th birthday on June 17 in the Ballroom. In addition to dining and dancing, there was the traditional oldest and youngest cake cutting (the youngest was 17-year old Private Christopher Wright and the oldest was Hal Evans, 93 years young), and words by guest speaker SFC Alton Mickle. Pictured below is Claire Zebrick dancing with a guest and pictured to the right is Marion Wolke dancing with Art Adams.



By the Books!

Hello again from the catacombs around stairwell #2.

A resident questioned me the other day about the phone books we have, mentioning they were sadly out of date. I looked into the matter and found that all our "out of town" phone books have been donated by residents. Checked with Harrison County Library and found they subscribe to "out of town" phone books at a cost.

Our budgetary restraints do not allow for that, as we will all have to rely on 800-555-1212, 411, Google, Yahoo or whatever. Sorry 'bout that!

New additions to our library are arriving almost daily. The new paperbacks are on the counter. The others are on top of the card files.

If you want a particular book and we don't have it, there is a list taped to the counter, that you may list the title and author of a book you wish and it will be ordered, unless the cost is prohibitive. Forty or fifty dollars for a book is a little much.

I suppose most of you have come up with the answer to last month's question. The answer is ADMIRAL OF THE NAVY, a rank established by Congress and awarded to Commodore George Dewey after his Asiatic Squadron destroyed the Spanish Pacific Fleet at Manila Bay on May Day 1898.

In creating the rank of Admiral of the Navy, Congress

also ruled that an equal or higher rank would never be created. This, then, technically, raised Admiral of the Navy Dewey to six stars when the rank of Fleet Admiral, with five stars was created in 1945. In Dewey's autobiography, (which someone has checked out of the library), it mentions that David Porter and David Farragut had both been so honored. Even though Dewey's bio was published by the Naval Institute, I do not believe that to be true. I have read much of both of them, and never seen that mentioned. Adding a little to all this: David Porter was David Farragut's adopted father. Farragut was christened James but took David in honor of David Porter. Farragut's father was a Spanish naval officer and aided us in the Revolution. When David Farragut's mother died in 1810, his father, being unable to raise three young children while serving his adopted country, sent his two daughters to relatives in New Orleans and David Porter adopted James and took him into the Navy as a midshipman. Sorry I got heavy with Farragut but he's my hero. And, I might add, was Dewey's as well. He admitted in his autobiography that when something wasn't clear to him, he would wonder, "What would Farragut have done?"

For this month's question, let's see how the Army and Air Force handles history. Who was the first black general in the Army? In the Air Force? Let's get the Marines involved as well. Who was the first four star general in the Marine Corps? We'll get into all that in the next issue.

If you have any questions, suggestions or comments, e-mail "silverfish@cableone.net." (No, I won't go there or do that!!!!)

Miles C. Medearis Jr.

The Army birthday celebrates 230 years!!

By Al Mori (W)

On June 14, the US Army celebrated their 230th birthday. Three Home members got to attend the ceremony held on the River Entrance to the Pentagon. Mr. Robert Armstrong, Mr. Don Egolf, and Mr. Russell Smith were among the large group of attendees. The three members were mentioned by name in the opening remarks by the Chief of Staff of the Army (CSA) General Peter J.



Defense Secretary Donald H. Rumsfeld (right) greeted Russell L. Smith, AFRH-W resident, at a Pentagon celebration of the Army's 230th birthday.

Schoomaker, and the Secretary of Defense Mr. Donald Rumsfeld asked them to stand and be recognized as he started his speech. They each received challenge coins and spoke with the Secretary and the CSA. It was a hot day but a very rewarding and enjoyable time was had by all.

AFRH-W walker logs in the miles, receives the 10,000 mile award

By Jerry Carter (W)

Beginning in June 2001, Abby Abernathy laced up his tennis shoes and joined the AFRH-W Walking Program. After only four years he has logged in 10,000 miles, this is a great accomplishment and he was recently honored with a special achievement ceremony here at AFRH-W.

Here are some of his walking statistics: Abby walked 6.9 miles a day on average, weekly 48 miles, monthly 208 miles approximately, yielding 2,500 miles a year. That makes a total of 10,000 miles in the last four years. What makes this even more special Abby is 92 years old, born on August 3, 1913, in Monroe County, Georgia. His career includes service in the United States Marine Corps, MSGT/RET/ from September 1932 to July 1956. Let's congratulate Abby on this great accomplishment!



Hitting the mark - William Abernathy breaks through the ribbon after completing 10,000 miles. What a milestone!

"Health and Fitness"

There's something for everyone

Jerry Carter AFRH-W

Walking, KT aerobic class led by our own Keith Turner, bowling, touch football, and a friendly Family Feud game were some of the activities at the 11th Annual Health and Fitness Day program. Many residents and BOSS soldiers from FT Myer stepped up their commitment to their personal health and

fitness. Lots of helpful information was provided by the Bethesda Naval Medical Hospital and AFRH-W Community Health: blood pressure and weight, glucose monitoring, and nutrition facts. This annual event provided something for everyone and if you missed out this year, hope to see you next year. There is something for everyone at the Health and

Fitness Day.

The Leisure and Wellness Division would like to thank the BOSS soldiers from FT Myer, volunteers Jessie James, Mike Longwell, and Renato Julian, Community Health staff.

Also, thanks to Dalis Irish and Alavain Wilkey, Bethesda Naval Medical Hospital/ Terri Holley for all their hard work in making this event a success.



Welcoming new residents to AFRH-W

By Gary Gregory (W)

The Social Work Department welcomes the new residents to AFRH-W. We are sponsoring a short series of get togethers to present certain issues, share resources and have an opportunity to talk with fellow newcomers about their experiences. Changing environments and becoming familiar with new health care systems and services, leaving friends and loved ones, coping with medical problems and physical limitations can all be stressful, physically and psychologically. It is our hope that we might reach out to offer support. The presentations will be in the meditation room, Scott 1203, from 9 am to 10 am for the following dates:

July 5 - Adapting to a New Environment and a New City

July 12 - Coping with Health Issues - accessing health services, activity and sensory limitations

July 19 - Family Issues - separation, death and divorce

July 26 - Grieving our Losses.

For further information you may call one of your social workers, Mrs. Anna Graham at xt. 3489 or Gary Gregory at 3276.

Thank you and welcome.



Resident displays compassion

Stanley M. Sagara, an AFRH-W resident, is on an eye care mission with the Volunteer Optometric Services to Humanity, Kentucky Chapter, in Iqitos, Peru. Here Mr. Sagara fits a young girl with eye glasses.

AFRH-W residents featured at the Corcoran Gallery of Art

By Michael Longwell (W)

Pictures of residents of AFRH-W were on display from April 27, 2005, through May 1, 2005, at the Corcoran Gallery of Art. The display was the Senior Thesis Exhibition of Senior College student John Shinkle who spent several days at AFRH-W in preparation for his final class project.



Pictured with their pictures are (from left) Gil Baker, Student John Shinkle, Wilfred McCarty, Mimi Rivkin and Warren Helm.

And the answer is...

By Howard Turner (W)

NSHF Day was in high demand this time with the added attraction of "The Family Feud." The teams were made up of all friends. The Army champions went against the AFRH-W champions and although both teams were fired up and the game was very close, the AFRH took the title home. However, the Army assured us that there would be a future rematch. Stay tuned!!!!



It was tough competition, but AFRH-W prevailed.

Our Flag

By Bill Tobin (W)

At the "Soldier's Home" in Northwest DC

A flagpole stands, as tall as can be
It's painted white and reaches the sky

And easily seen by passers by

A flag flies there, stately and proud
Like those at the UN it stands out from
the crowd

There are 50 stars on a field of blue

One is for me and one is for you

Thirteen stripes of white and of red
Tell of the 13 colonies from which this
country was bred

It's a symbol of pride and dignity
Of hope for the future for those across the
sea

Each Veteran here knows what it means
to them

How it gave them courage in the battles
they won

AS they saluted it with the morning sun
It flies over embassies all over the world
Giving hope for the future each time it's
unfurled

It's been shot at and trampled and even
burned

By people who show that they really do
spurn

This symbol of right and majesty
Of hope and wonder and destiny

It also flies over the graves of our dead
Each statehouse and courthouse has a
flag of its own

Where it's daily risen and proudly flown
This flag gives its citizens a bright legacy

Of freedom and honor and destiny
O'er the land of the brave and the home
of the free

It's the epitome of DEMOCRACY.
Our Flag!

Pro/Resident scramble results



1st Place Winners from left to right; Deputy Director, Captain Paul Soares, Coleman Mays, Quinn Sullivan, Emil Byke and Ricky Langford.



2nd Place Winners from left to right; Mimi Rivkin, Matthew Kayson, Wilbert Logan and Bill Striegel.



3rd Place Winners from left to right; Jerry Wessel, Matthew Kayson, Jim Sullivan and Joe Taylor.

By Matthew Kayson (W)

On Thursday, May 19th, 50 golfers converged on the golf course for the annual Pro/Resident Scramble. Quin Sullivan, from Springfield Country Club, and AFRH-W golf pro Matt Kayson, invited 10 of their fellow PGA professionals out for a day of fun, food, and prizes. Mr. Sullivan and his team of Coleman Mays, Emil Byke, and Rick Langford topped the field with a score of 7 under par 28 and won a \$50 gift certificate each. One stroke behind with a 29 were golf professional Julieta Stack (Inner Drive Golf) and her team of Mimi Rivkin, Ernest Dacier, Wilbert Logan, and Bill Striegel – they each won a \$40 gift certificate. Third place, and \$30 gift certificates, went to Jim Sullivan (Springfield CC), Joe Taylor, Jesse Hines, and Jerry Wessel. Residents Jo Soboleski, Ray Storch, and Rich Mansell, won Closest to the Hole (12'), Long Drive, and Most Accurate Drive, respectively. AFRH-W Deputy Director Captain Paul Soares welcomed all the golfers and presented awards at the conclusion of play.

A special thanks to all the professionals who took time out of their busy schedules to join the residents here at the AFRH-W:

Quin Sullivan – Springfield CC
 Jim Sullivan – Springfield CC
 Julieta Stack – Inner Drive Golf
 Charlie Lewis – Belle Haven CC
 Melvin Rowe – CC of Fairfax
 Matt Gallagher – CC of Fairfax
 Glen Brown – Westwood CC
 Pete Van Pelt – Mount Vernon

CC

Col. Dick Johns – Middle Atlantic PGA

Jim Nutty – Middle Atlantic PGA
 Lenard Tenor – AFRH-W Club



Professional golfers from left to right Matt Gallagher, Pete Van Pelt, Glen Brown, Quinn Sullivan, Jim Sullivan, Col. Dick Johns, Jim Nutty, Charlie Lewis, Melvin Rowe, Julieta Stack and Matt Kayson (front center).

Thank you to AFRH-W resident volunteers

By Melodie Menke

In April, National Volunteer Week was celebrated the entire week at AFRH-W with Tuesday - Good Fortune Cookie Day; Wednesday - Volunteer Gift Give Away Day; Thursday - Homemade Chocolate Chip Cookie Vote Day; Friday - An evening of Wine Tasting and on Saturday - breakfast with fresh ground coffee and bagels and muffins. But sometimes you just can't let another year go by to say thank you again so on Friday June 3, AFRH-W Resident Volunteers enjoyed a presentation ceremony and luncheon. Keynote speaker Mr. Tim Cox, Chief Operating Officer, delivered a powerful message of the value and importance of volunteering in our community. AFRH-W volunteers have been busy building and constructing a community within a community. Volunteer numbers have risen from 20 to 130 registered resident volunteers in the last year. The AFRH-W Volunteer Team dedicates their time and expertise every day in assisting residents and staff to complete the mission at AFRH-W. But it can't be all work and no play, so with a rowdy AFRH-W staff on hand and a lot of well deserved applause, each resident volunteer accepted a 4-star volunteer pin by Capt Paul Soares, Deputy Director and a certificate of excellence from Mr. Cox. After the presentation, the AFRH-W staff formed a receiving line to offer personal thanks with handshakes and hugs to the resident volunteers. A tasty picnic lunch of fried chicken and all the trimmings was enjoyed. (Complete with ants -thank goodness, they were only plastic table decorations!)

Then Mr. Cox, Mr. Chuck Dickerson, and Mr. Keith Turner rolled up their shirtsleeves and went to work dishing up strawberry shortcake for dessert. All and all a very enjoyable day, so we say again, "Thank you AFRH-W Resident Volunteers"



Edna Ast receives an award from Mr. Cox.



Howard Sweet receives a certificate from Mr. Cox (left) and Capt. Soares.



Allen Frazier proudly displays his certificate.



Bernice Goldstein receives a certificate.



Charles Bronson lifts his glass to toast the volunteers.



Dr. Linda Radar hugs Edna Ast at the end of the awards presentation.

Resident shares hairy car buying experience

Be Prepared or get Ripped Off - The New Car Process is challenging to 'veteran' car buyers

By Ken Willitts(G)

I recently went through one of those passages in life that most of us will face sooner or later. It is one of the horrors of modern day life, purchasing a new car.

Of course being a computer junkie I had spent a lot of time researching different vehicles, reading reviews and finally settling on a list of three vehicles that I would test drive and then make that all important final decision.

After deciding on the type and models that I was interested in, I then researched the art of a trade in. Some articles I read said to sell it outright and not go through a dealer. That is fine and dandy except it may take months to sell my faithful drive, and then I would be out of transportation while doing the buying process. Others said that by knowing the trade-in value of your auto, you would be in the bargaining seat. So I decided to trade-in my trusty steed.

Next came the part of financing. I

followed the rules of the road, first I got a copy of my credit record and most importantly my credit score. I had a really good score so I figured that would help me close the best deal. I also applied to my credit union and a bank that I used for an auto loan. I got great rates from both, so I figured that now I was ready to meet the skilled auto sales force.

Off I go to the first auto dealers; I was armed and ready to deal. The first dealer Toyota must have already met their quota for the month. I was told that they couldn't take my old vehicle in for trade; they did let me test drive the vehicle but I wasn't pleased with their attitude. Now I am off to another dealer, Suzuki, the nearest dealer only had two vehicles on the lot and who ever had the keys was MIA, after a 40 minute wait, my number two choice went down in flames.

Now I am off to my third choice, happens to be a Ford dealer. After visiting three different Ford dealers, I settled on a dealership that seemed to offer the

best deal. I had read that it is best to trade-in with a dealer that represents my current steed. Now I must say that things turned upward. I felt that they were happy to see me and got the feeling that they really wanted to work with me.

So after test driving the vehicle, I was happy with the results. It didn't offer all the bells and whistles that the Toyota had, but on the other hand it was a couple of thousand less. Now comes the hard negotiating I thought, I told the sales person exactly what I wanted for my auto and what I would pay for the new auto. After about 10 minutes of old fashion haggling, we agreed to a price. I was pleased and figured that I had a very good deal going.

Lightening struck! After waiting for over an hour for the sales manager, he calls me into his office. The first thing he says is there is a problem with my credit. I was prepared, and pulled out the copy of my credit report. I asked him why and he gave me that well I don't know, that is what "Ford Credit" is telling him, excuse. Of course if I were to finance the car with Ford Motor I would get \$1,000 off the vehicle. But now I have lost that grand and the cost of the vehicle and financing

See 'car buying' page 19



A group picture with Captain Ulmer after the awards ceremony on May 27. They are from left - Mary Thornton, Cindy Mason, Eddie Gunter, Captain Ulmer, David Jernigan, Ida Hobbs and Tina McGrew.

Length of Service Awards

Ten year service awards went to: Tina McGrew, Leigh Brown, Horace Haywood, Jewell Dewaard, Dorothy Gibson, and Evelyn Cooper. Other service awards were:

Eddie Gunter, 15 years
Martha Schonewitz, 20 years
Joyce Bryant, 20 years
Laura Throop, 20 years
Emma Chapman, 20 years
Delores Martin, 20 years
Cindy Mason, 20 years
Helen Donnan, 20 years
David Jernigan, 25 years

Letter of Appreciation for contributions to Business Plan meetings

Tommie Wyatt, Michael Cashion, Ida Hobbs, Mary Thornton, T. Julie Pitalo, Delores Martin, Cindy Coffey, Helen Donnan, and Regina Floyd. The entire Health Care Services staff was commended for having the most staff participate in Blue Print for Action.

Featured AFRH-G resident writer...

Each month we'd like to feature resident writers, in addition to our regular contributors such as Ken Willitts (Ken's Computer Tips) and Miles Medearis (By the Book). This month I will share some beautiful poetry written by Eugene White. Submit your writing for publication in the Communicator to the AFRH-G Public Affairs Office.

My Window High

*Oh, the view I have from my window high
And the sights that I can see;
That lady of age that passes by;
The squirrels up in a tree.*

*And the birds that cock their head at me,
Then off to feed their young;
These are the kinds of sights I see
And I think it's rather fun.*

*Look! There's a workman upon a lift
And another far below,
And a ne'er-do-well with empty fifth,
His wrinkled face aglow.*

*I watch them all day after day;
They help to ease the pain
Now that my legs have given way
And my hearing's on the wane.*

*Yes, like my friends, I'm short of breath
And use my cane a lot,
But though there's precious little left,
I'm thankful for what I've got.*

*It doesn't matter that I'm short of grit;
The world won't pass me by;
Not as long as I can come and sit
Beside my window high.*

Eugene White

Where Sea and Mountain Meet (Carmel)

*Down the slope, still wet with dew,
I picked my way through shrub and oak
to follow on a seaward path
where yellow lupine grow.
Onward still, I twisted and turned
'midst weather-beaten fir and
tangled patches of fern where
one can taste the fresh, sweet air,
but only a few will know.*

*At every turn the scenes
loomed large as life itself,
framed in remnant wisps of fog
against a blue-gray sky.
The sun had yet to reach its peak;
a hush still cloaked the dawn;
and all I heard was the beat of my heart
and the echo of its sigh.*

*Then, finally, I stood a journey's end,
my face to the salty mist
that spread itself upon the sand
beneath my tiring feet.
And here again, my strength renewed,
I reveled in the peace and
took my place before my God,
where sea and mountain meet.*

Eugene White

Heads Up

- July 2 - Annual Crab Festival, Waveland
- July 2 - Fishing Rodeo, Gulfport Harbor
- July 3 - Miss. Vietnam Veterans Memorial Car/Truck Show
- July 4th Picnic - 11:00 til 12:30 at picnic grounds.
- July 5 - 41st Army Band performance, 9:30 a.m.
- July 13 - AFRH Open House 10 a.m. til 2 p.m.
- July 14 - Blood Drive in the Ballroom, 8 a.m. til 1 p.m.
- July 21 - Piney Wood Cloggers - 12:30 Ballroom
- July 31 - Patio Cookout

Hey you swimmers!

Stop by the pool on Tuesday
and Wednesday mornings
between 7 and 8:30 and
watch the local swim team
work out.

Don't forget that Liberty Call is every Friday at 2 p.m. in the Ballroom and everyone is invited to attend. Please sign up for events requiring transportation in the Exercise Room. You are also invited to attend the regular PC Users Club meetings hosted by Ken Willitts every Wednesday at 1:30 p.m. in the Theater. There are also many regularly scheduled trips into town for shopping, casinos and much more. Pick up a copy of the monthly schedule and keep it handy for times and dates of all activities during the month of July.

AFRH-W Recreational Services Activities

2005 Annual Fishing Rodeo at AFRH-W

By Jerry Carter (W)

Before the fishing rodeo began, fishing participants picked their favorite spots to catch fish and compete for prizes in four categories: Heaviest Fish, Longest Fish, Most Fish, and Smallest Fish. The most enthusiastic fisherman of the day was Ron Schonherr. He caught the heaviest and longest fish. Haden Jacobson won prize for most fish caught and John Tennant caught the smallest fish measuring 2 inches.

As we approached the end of the rodeo, many spirits were soaring in anticipation of next year's catch as well as fond memories of the "ones that got away". The Leisure and Wellness Division would like to thank volunteer Joe Williams and staff for job well done.



Fisherman Ron Schonherr proudly holding the catch of the day, which was the largest fish caught during the event.

Spring Art Show blends colors and canvases

By Jacqueline Bell (W)

On Saturday, May 7, 2005, the Leisure and Wellness Division held its Spring Art Show outside in the Lincoln Cottage Bandstand. Approximately 81 residents and guests viewed the paintings on display.

The following artists had their work on display: Al Guinta, Mimi Rivkin, Mike Martinez, Warren Helm, Lee Corkill, George Demonfort-Proksa, Erin Lau Konstantin Finkin and Eric Hilmo. It was a perfect day to enjoy the various works of art while also enjoying some wine and refreshments.

A special thank you goes to co-workers Jerry Carter, Steven Briefs, Melodie Menke and the AFROTC volunteers for their assistance in making this a successful event.

Sounds of the Barbershop Quartet

By Jeff Anderson (W)

The RT Clinic of Lagarde Building was filled with the Harmonizing sounds of The BlackLake 4+1 on Sunday, May 29th. The residents and staff were entertained by the Barber Shop Quartet from New Jersey for the second year. This year they added a keyboard player, the +1, and they presented a musical and comedy program to the delight of those that attended. They promised a return visit for next year and we were left wondering if it would be The Blacklake 4 +2 in 2006.

AFRH-W celebrates Army's 230th's birthday

By Laura R. Fogarty (W)

The annual tradition lives on as residents, employees and guests celebrated the 230th birthday of the U.S. Army on Friday, June 10, 2005 at AFRH-W. Col. Charles T. Sniffin, Deputy Commander/Chief of Staff at the U.S. Army Community and Family Support Center located in Alexandria Virginia was the guest speaker. Col. Sniffin began by thanking those residents of all branches for their service time throughout the years and talked about what MWR programs are being made available for today's troops throughout the world especially in Iraq and neighboring countries. Resident Wilfred Scott (96 years young) lead the audience in the pledge of allegiance and had the honors of cutting the first piece of cake with specialist Austin Salazar and Col. Sniffin. A great time was had by all.

Fishing
SEASON
OPEN



Near Forgotten Profiles - Memorial Day Cookout

John I. Bowery (W)

This story is completely different than the one that I was planning to write.



May 30 was Memorial Day. I don't know why I did not know that there was a patio party on the patio behind the Dining Hall. So, it

was a surprise to come down to what I was planning on having a leisurely lunch and found a party going out on the patio.

There was a lot of activity with employee's swiftly and professionally hurrying to and fro, making sure that we would all get exactly what we wanted to eat and drink. There was quite an array of grills, all fired up with Hamburg's cooking, along with the biggest hotdogs I have ever seen, baked beans, potato salad,



freshly sliced tomatoes, onions and many condiments and dressings. There were iced down bottles of water, soft drinks and ice cold watermelon. To make everything perfect, it was a very beautiful sunny day. There were game tables set up for checkers, backgammon and other games

for us to enjoy. Jerry, our very personable Gym Master, was breaking in the horse-shoe pitching area. The patio overlooks our Golf Course and just up the sloping grounds is the very house where President Lincoln spent the summer months. I can just imagine he and his family spending many afternoons doing exactly what we were doing today. He certainly had the same stunning scenery that we were enjoying. Beyond the gentle slopes of the countryside, he could see the young and budding city of Washington.

The reason that I have described



the Memorial Day affair is simple. I believe after giving it much thought and hearing the comments and yes, gripes of some of the residents these few short months, I am completely sure that the negatives are merely what all servicemen do when they are together. They gripe about the food and other things, but mostly they are in the minority. I personally find it exciting to live here. I am completely at peace with my surroundings and myself. I find the food to be top quality, well prepared, and certainly is served on time. This is a considerable feat because the house count, I am sure, is in the hundreds of people that partake of each meal. The logistics of the food coming out and being presented to us on time day after day takes expert planning and execution.

Post 70 recognized

AFRH-W American Legion members help bring DC to largest in the world



American Legion members of Post 70 from left to right; Fred McClellan, Margaret Jirak, Ray Smith, Ray Whitlow, Antonio Hedgepeth and Edith Ellington accept an award from District Commander of the American Legion, Urban Peters, for the initial installation of Post 70. The 165 memberships from AFRH-W to the District of Columbia's American Legion pushes American Legion standings to No. 1 in the world.

American Legion
AFRH Post 70
Meets in Defenders' Inn the 1st
Saturday of each month Except July and August

It is the will of the Post that the meeting normally scheduled for Saturday, September 3rd 2005 be cancelled due to it being the Labor Day weekend.

The next regular meeting of the Post will be on Saturday, October 1st, 2005.

Senior Vice Ray Smith will report on happenings at August's National Convention held in Hawaii, and there will be reports on other events taking place during our vacation time.

Answers to the Then & Now Match-up.

Author W. England - 2

Donald Egolf - 3

Theodore Wilson - 4

John I. Bowery - 1

Harold E. Eby - 5

Now that's entertainment!

Here's a look at some of the exciting events that Rec Services provided to you last month:



Residents from the AFRH-G participated in opening ceremonies of the Gulf Coast Symphony's Sounds by the Sea concert.



Members of the Tennessee National Guard performed for the residents on June 9 in the Ballroom.



Harry Casino gives a performance of his own for some of the members of the choir that were here to perform in the Ballroom.



Poteet Jewel checks out a tomato plant at the Blueberry Festival in Poplarville, Miss.



The residents were treated to a performance by the Christ United Methodist Youth Choir from College Station, Texas. The group sang a variety of songs and performed a skit.

June birthdays celebrated



Pictured at the June birthday dinner (sitting) James Smith, Roy Cloud, Irene Smith, Ivy Beard. Standing is James Segars, Billy Putnam, Captain Ulmer, Andrew Chapura, Master Chief Perrone, George Magee, Father Uko, Master Chief Asher, David Morse, Steve McManus and Lorenzo Jones.

AFRH Day set for July 13

Plan now to attend Gulfport's AFRH Day on Wednesday, July 13 from 10 a.m. until 2 p.m. Plants from our green house will be offered for sale and there will be arts and crafts booths set up by residents and vendors from the community. There will also be local service organizations with information booths and plenty of food and refreshments. The event will take place at the Cabana area and will include tours of the grounds and main building and the pool will be open for swimming.

AFRH Day is open to the public so feel free to invite your friends and family that live in our local community. There will be plenty of food and entertainment provided by the Recreation Services.

If you would like to participate in the Open House or for more information contact Rec Services at ext. 4042.

'Car Buying' from page 14

has increased. To make a long story short, what I had agreed on was nowhere near what I was being quoted and being asked to accept. There were a number of added costs: \$2900 for extended warranty, \$700 for Gap insurance (what is gap insurance anyway?), the lost of the discount and now my interest rate has gone from 6.5% to 11%. Suddenly I find that my perfect deal is being sabotaged and the numbers are coming so fast that I can hardly digest what is happening.

I was somewhat prepared, I had read that if you are unhappy with the deal, take a hike, cool down and think things over. So, I told the sales manager, I need time to think things over and I would be back in two days.

Back at my computer I checked out all these different cost. Gap insurance is the difference of what the insurance company pays and the actual loan value of the auto, if the vehicle is totalled. A call to my insurance company tells me that it will cost me \$16 per year for the life of the loan or a total of \$80, a far distance from the \$700 that the sales manager had quoted.

Next I did some research about the warranty and extended warranty. Since the car comes with a great warranty for the first three years or 36,000 miles, I don't need the extended warranty until the year 2008, so why should I be paying for it now. Oh by the way, the cost quoted on the internet was less than \$1,000 for two years.

My final step is stopping by the credit union and going over the figures with the loan officer and making all the arrangements for them to finance the deal. The new cost now computed is almost \$4,000 less than the final figure given to me by the dealership. That savings doesn't include the savings from a lower interest rate.

Two days later - I return to the dealership and my sales representative greets me. Next is that meeting with the sales manager where he tries to make you feel as if you are getting a great deal.

Wham Bam I told him exactly what I would pay for the vehicle, all the extras are off the table, no more games, give me the exact amount. He tried to convince me that I am making a grave mistake by not going with his so called great deal. Finally his figures came within the amount that my loan officer and I had worked out. At that time I said here is the number to my loan officer, she is standing by to approve the loan.

You must always remember that the auto dealership is in business to make money, the only code of good conduct that they have is what they decide on. While the profits on most vehicles are rather low, it is the markup such as extended warranties, gap insurance and of course the kick back of doing business with their favorite finance company.

I am now the happy owner of a new means of transportation. But I have

learned a number of important lessons. It seems that no matter how prepared you are to purchase a new vehicle, you can not be prepared enough. So if you ever find yourself in the mood to purchase a new vehicle, the following steps might make the task less painful and you'll be prepared.

1. Research the vehicle you want, know what the going cost are. Most reputable dealers will list the price on their web sites.
2. Check your credits score out, anything less then 650 spells trouble; of course you can overcome that with a larger down payment to some degree. But anything less then 650 means higher interest rates.
3. Arrange financing ahead of schedule. You will find that your bank or credit union will give you the best rates.
4. If during the negotiations with either the sales person or manager, you don't understand what they are saying, stop them, find out exactly what they mean.
5. Do not be afraid to walk away. Temptation gets us into more trouble then anything in life. Walking away can actually save you money.
6. By all means even if you feel that it is the greatest deal on earth, sleep on it for at least one night. If you feel the same the next day, go for it!

Personal Computer Reference Center

Opening July 1, 2005

Sherman N 317

What is the Personal Computer Reference Center (PCRC)?

1. PCRC is a reference library that consist of print, (books, magazines, newsletters, or internet articles), CDROM, & DVDs which can be viewed on one of the PC Centers' computers.
2. It's free sessions with users on computer related subjects where questions can be resolved.
3. It's a repair center, for Windows based PCs which includes upgrades of hardware & software.
4. It's computer based training (CBT), on a variety of software, not covered by other home programs.

It's hundreds of Software, Shareware, Trailware, Freeware, and full versions for members to explore.

6. Have a old PC or other components, like a printer, you want to put in the Thrift Shop or just get rid of? Bring them to the PCRC. We will check it out to see what is wrong with it, remove all personal and private information, viruses, worms, spyware, advise the seller of legal responsibilities, and provide you a resale value, at minimal cost.

Best of all there are no membership fees for residents. We may have to charge a small fee for other services to recover expenses.

We are located in Sheridan North 317. You can reach us by calling ext. 3682.

We are currently setting up the room and cataloging all the reference material. If you wish to assist, contact Don Barnard at (202) 277-9307.



A look at the new Personal Computer Reference Center, located in the Sheridan Building.

Soldier Show satisfies over 250 fans

By Keith Turner (W)

Thursday night June 15, 2005, was a night to remember as the Soldier Show opened their tour in Washington D.C. at the AFRH. A variety of songs and skits entertained the residents to their satisfaction. This year's production focused on how important something like "home" is to the troops around the world when they are deployed.

The 2005 U.S. Army Soldier Show presents a musical production which reflects hometown America actively supporting our troops and their mission. We thank the returning sponsors for bringing the show to AFRH-W.

The show is a



reminder for everyone through its theme "Operation America Cares" that our nations most precious gift is her sons and daughters.



The Vikings and Their Religion

By Ludwig Olson (W)

Much has been written about the Vikings through the years, but it is very difficult to get an accurate picture of how those Scandinavian raiders and traders lived and what they did. Information was handed down from generation to generation in sagas (stories). My Norwegian cousins told me that some of it is likely a myth.

Scholars generally believe that the word Viking means a pirate Norseman who plundered the coastal areas of Europe during the approximate period 800 to 1150 AD. There were also Danish and Swedish Vikings.

Norwegian and Danish Vikings went west to the British Isles and France, Swedish Vikings were chiefly traders, and traveled east to Russia where they sailed down the rivers and established settlements. The word Russia was derived from Rus, a tribe of Swedish Vikings. Many blonde blue-eyed Russians are of Swedish descent.

Norwegian Vikings lived in the southwestern coastal area of Norway. They had small farms and herds of goats to provide milk and meat. Skilled with tools, they built graceful ocean-going ships from oak planks riveted together and caulked with pitch. A single mast on the ship supported a large sail. Oars were used in event of insufficient wind. A rudder was on the right side toward the rear. At the front was a fearsome dragon head carved from wood. According to legend, the Vikings feared nothing, except huge sea serpents that could turn over a ship and devour the crew. Danish Vikings were much like the Norwegians.

About 800 AD, the Norwegian and Danish Vikings started to make raids on the British isles to loot and plunder. They especially liked gold and silver jewelry, coins, and other valuable items, and cap-

tured many people to be used as slaves. Beautiful women captives were prized by Viking chiefs.

Norwegian Vikings liked Ireland because of its relatively warm climate, and founded the city of Dublin. Many of them settled in Ireland. They also settled in Scotland/England. A number of British founded the city of Dublin. Many of them settled in Ireland and they also settle



Valkyries swooping down from the sky to pick up Viking warriors killed in battle, and taking them to Valhalla. Courtesy Norwegian National Gallery.

in Scotland/England. A number of British cities have names ending in the Scandinavian word for town. A large area of central England was named Danelaw.

Viking warriors were armed with spears, swords, and battle axes. Some used bows and arrows. Their circular shields were made of wood. Chain mail armor consisting of interlocked metal rings was worn by some warriors. Others wore fur cloaks made from hides of large animals.

Thin leather moccasins served as footwear. Contrary to popular belief, their metal helmets were generally not adorned with oxen horns or bird wings. Only chiefs had decorated helmets, presumably for identification. Most helmets were pointed at the top to deflect blows.

A popular Viking drink was mead, a fermented alcoholic beverage believed to have been brewed from water, honey, malt, and yeast. Sipped from oxen horn schooners, it was evidently very strong stuff. Norwegian relatives said that warriors, before going into battle, drank a mixture of mead and poison mushrooms. It made them wild and furious, impervious to pain. The word berserk was derived from the name of Viking warriors who were said to be frenzied and invulnerable.

If a Viking warrior was killed in battle, he was picked up by a beautiful Valkyrie who swooped down from the sky on a wild horse and took him to Valhalla (paradise). He was treated royally, given the finest food (even better than that served in the AFRH Scott dining facility), and could drink as much mead as he wanted.

The chief Viking god was Odin who had only one eye. He was the god of wisdom. Thor was the god of war and violence, also known as the god of thunder and lightning. Frey, also called Freya, was the goddess of love, beauty, fertility, and sensuous pleasure. Figures of those gods, carved from wood, are in the loft of the Hegge stave church in central Norway. (See article on European trip in April 28, 2005, issue of AFRH Communicator.)

Several days of the week were derived from names of Norse gods, Wednesday comes from Onsdag (Odin's day); Thursday was taken from Torsdag (Thor's day); and Friday is for Fredag (Freya's day).

Volunteers - the gift of their time



“Colonel Corn”

Billy Dalzell bags some popcorn for all to enjoy. You can often catch Billy sitting at the desk as you enter the main building with a cheerful smile welcoming and directing visitors to the home.

Contributions of AFRH-G volunteers transform the AFRH into a “home”

By Shelda Jones (G)

The residents and staff of Gulfport take pride in their Home. Marian Wolke, Barbara Folk, Sally Manning, Charles Jenkins, and interim Director Steve Mc Manus recently got ‘down and dirty.’ Getting a start before the sun came up, this group began their day busily tilling and planting over 200 coleus plants in the front flower beds at the Gulfport campus. Their enthusiasm quickly spread and soon there were many more individuals growing and planting around the grounds. Charles Jenkins has a garden plot growing tomatoes, okra, squash, cucumbers, corn, peppers, and giant gourds. He is already harvesting many of these vegetables as our growing season starts early on the Gulf Coast. Charles Robinson has gotten the “bug” and is growing petunias, coleus, impatiens, and many more flowering plants to be used in spaces around the home. He will also be beautifying the small garden behind the smoking lounge. Jewell Poteet takes particular pride in the Long Term Care courtyard caring for the pond, fish, and many plants which delights the residents living in the LTCU as all rooms have an outside window.

Resident and Saxophonist Tom Buonfigli was featured recently in the Local Buzz of the Sun Herald. He performed recently at the Mississippi Coast Jazz Society meeting at the Gulfport Elks Lodge. He got together with about a dozen other members of the jazz society at their June jam session. The group meets monthly to practice their craft, and to raise funds for their annual scholarship program. The society’s goal is the preservation of jazz music on the Coast, mainly old style Dixieland jazz. Members regularly perform free concerts to expose younger musicians and the public to the musical style that may be becoming a dying art form.

Billy Dalzell is affectionately called “Colonel Corn,” and as such has volunteered to take full charge of the popcorn machine, popping the corn every morning. He bags about four dozen bags of popcorn for free consumption by everyone; residents, staff, and visitors. A basket of bagged popcorn is in the front lobby and the popcorn machine with bagged popcorn is in the Ballroom next to the bar.

The work these and all volunteers perform at the AFRH-G everyday is certainly enjoyed and appreciated.



(Above) Charlie Jenkins works in the flower bed in front of the building.

(Right) The ‘gardeners’ check out their work.





Jewell Poteet feeds the gold fish in the courtyard area of the LTCU. Jewel also tends to the plants and pond in the courtyard.



(Above) - Thomas Buonfigli gives a performance during the Army Birthday dance held on June 17. Thomas plays here at AFRH-G on occasion and also performs out in town.



(Left) - From left, Sally Manning, Charlie Jenkins (kneeling), Barbara Folk and Steve McManus work in the flower beds in front of the main building.



In the beginning, Charlie Jenkins and Richard Thorton had a vision....



In a few weeks, the vision starting becoming a reality...



Who's ready for some 'home' grown veg-

...results in a harvest of beauty

AFRH-G residents enjoy feast, fellowship, fun at the annual Memorial Day picnic



Ivy Beard enjoys a cool slice of watermelon at the Memorial Day picnic. Nothing goes down better than a tasty piece of watermelon on a warm Mississippi summer day.



(Above) Master Chief Asher visits with Don Hernich at the picnic.



(Left) Joe DeFresco takes his turn in line for food. Seabees from the Seabee Center assigned to NMCB-133, volunteered to serve food, transport residents to and from the picnic area, and set up and clean up.



Robert Locke takes a food order from Lois Beck. Many staff volunteered to fix plates and serve food and enjoy relaxing with the residents



Roland Smith enjoys lunch with Captain Ulmer.